

Comienzo Sano: Familia Saludable

Promoting Student Experiential Learning to Improve Nutrition and Health

B. Rios-Ellis, G. Frank, K. Malotte & M. Garcia

PURPOSE

The project represents a unique opportunity for an interdisciplinary focus with health education and nutrition sciences to ameliorate the lack of Latino bilingual/bicultural health science and nutrition students at California State University Long Beach (CSULB). Through experiential learning, students will be trained & work with faculty to assist Long Beach Latinas in the WIC program for behavioral change to reduce risk for maternal obesity and childhood overweight. This program has important public health and social justice implications as it addresses inequities inherent in the soaring rates of Latino obesity/childhood overweight, while providing students with an opportunity to learn within, and provide for, their respective communities.



OBJECTIVES

- To recruit, train and graduate 10 undergraduate and 2 graduate first generation college educated, bilingual, bicultural Latino students to engage in the Comienzo Sano: Familia Saludable (Healthy Start: Healthy Family) project.
- To develop a maternal/child health promotores-based curriculum and tool kit for use by trained students who will be the student community health educators.
- To train students in community participatory research methodology, health and nutrition education techniques, and motivational interviewing (MI) for application with Latina immigrant WIC participants at the Long Beach Department of Health and Human Services.
- To provide more than 200 Latina WIC participants with a culturally and linguistically competent promotores' based educational experience encouraging healthy infant feeding and care practices, and personal nutrition and self-care during and after pregnancy.
- To demonstrate more than a 10% increase in breastfeeding initiation, exclusivity, and duration among Latina WIC participants from 0 to 6 months postpartum. (Baseline data indicate that only 6.8% of Latinas are currently breastfeeding at months postpartum).
- To inform other organizations about Best Practices in the Hispanic Serving Institution setting by hosting a Best Practices conference.

PHASES / TIMELINE

PHASE	DESCRIPTION	TIMELINE
Phase One	<ul style="list-style-type: none"> IRB Preparation Student Recruitment and Training Focus Group Needs Assessment 	Months 1-4
Phase Two	<ul style="list-style-type: none"> Curriculum and Tool Kit Development HSI Best Practices Conference 	Months 5-6
Phase Three	<ul style="list-style-type: none"> Recruitment of 1st 100 participants and outreach education Recruitment of 2nd 100 participants and outreach education 	Months 6-12 Months 12-18
Phase Four	<ul style="list-style-type: none"> Data Analysis and Evaluation Final Report Submission Dissemination of Project Results 	Months 19-24

STUDENT EXPERIENTIAL LEARNING

Student Recruitment and Retention	Student Experiential Learning Activities
Recruit first-generation college educated bilingual and bicultural students from the Health Science Program and Nutrition Science Department.	Mentor students through a detailed application and interview process for employment and externship selection while connecting them with university career counseling, campus resource education, and research opportunities.
Train and prepare students with skills in community participatory research.	Train students in ethnographic interview and focus group methodology in a community-based setting.
Involve students in the community needs assessment and provide opportunities to practice their health and nutrition education skills.	Provide culturally and linguistically relevant peer education training in health education and nutrition.
Prepare students with an understanding of culturally and linguistically relevant community health and nutrition curriculum/tool kit development.	Provide students with training on MI techniques to be used with individuals or in group counseling and education in a community-based setting.
Provide students with an opportunity to engage in nutrition and health science related gainful employment on campus.	Advance student decision making and communication skills by training them to create media appropriate messages and message "packaging" for use in culturally and linguistically appropriate media venues.
Train and foster the development of bilingual/bicultural Latino health and nutrition educators.	Provide students with the knowledge and mentoring needed to pursue CHES and RD certification.
Provide intensive mentorship of student interns and project staff for timely progress, graduation and graduate school opportunities.	Provide students with a scientifically rigorous and behavioral health theory based understanding of nutrition and health science.

EDUCATIONAL SESSIONS

Series	Class Title	Topics Covered
One	•Taking Care of Your Health During Pregnancy (<i>Cuidando Su Salud Durante el Embarazo</i>)	Class 1: Prenatal Care, Maternal Obesity, Gestational Diabetes Class 2: Prenatal Screening through the three trimesters, Pregnancy Induced Hypertension
Two	•Maternal and Child Nutrition from Birth through the 1 st Year (<i>Alimentación Materna e Infantil desde el Nacimiento hasta el 1er Año</i>)	Class 1: Breastfeeding Benefits and Techniques Class 2: Age Appropriate Introduction of Liquids and Solids
Three	•Taking Care of Your Body After Pregnancy (<i>Cuidando Su Cuerpo Despues del Embarazo</i>)	Class 1: Exercise and Nutrition During the Cuarentena Class 2: Understanding Methods to Achieve Your Ideal Weight
Four	•Preschool Health and Nutrition (<i>Salud y Alimentación Preescolar</i>)	Class 1: Understanding Food Allergies Class 2: Maintaining Your Child at a Healthy Weight
Five	•Creating Family-Centered Opportunities for Physical Fitness and Health (<i>Creando Oportunidades para la Salud y Bienestar de la Familia</i>)	Class 1: Understanding the Benefits and Components of a Healthy Fitness Program Class 2: Incorporating Your Family into Your Fitness Program



EXPECTED RESULTS

STUDENTS	COMMUNITY
Students will have been trained in community-based participatory research	Increase breastfeeding rates by 10% among Latinas in the WIC program
Students will have gained knowledge in health and nutrition techniques and motivational interviewing	Create project curriculum for replication by local, state, national organizations to be accessible on the NCLR/CSULB website
Students will have engaged in career development opportunities such as mentorship, presentations and conferences	Inform other Hispanic Institutions about Best Practices through a conference

